

WARREN SENTINEL



"Jolly Rogers"

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CAPEX IS COMING

Airman 1st Class Andre Bolden, Convoy Response Force, stands guard in front of a simulated accident involving a loaded payload transporter here April 20. The accident was part of the wing preparation for a Capabilities Demonstration Exercise. CAPEX is a demonstration of the United States' ability to respond to a nuclear weapons accident. It is scheduled to be held here June 19 to 23. Turn to Page 6 for the full story.

Photo by Senior Airman Tessa Cubbon

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Commentary

Workout etiquette 101

Tech. Sgt. Steven Goetsch
90th Space Wing Public Affairs

As the weather warms, you notice transformation like birds returning from the south, newborn fawns grazing on Argonne Parade Field, and Freedom Hall Fitness Center filling with Warren warriors coming out of their winter hibernation.

Exercising has become a part of everyday life for Air Force members with increased roles in the Global War On Terror, as well as quelling the stresses of our day-to-day jobs. I think it is one of the best benefits we have in the Air Force.

Unfortunately during my workouts, I see people abusing this benefit that could possibly affect others' workouts, fitness goals and perhaps even their readiness.

Even though the stretched-thin gym staff has done its best to watchdog the fitness center, it should be up to each and every one of us to act responsibly, treat others with respect and be great stewards of this awesome benefit. You can do that in a number of ways.

First, you have to remember that the equipment does not belong to you. It is government property and should be treated as such. I'm sure you've all heard the crack of the weight stacks echo through the gym. I might not know everything about fitness, but if you can't control the weight down to the resting position, then it is too heavy. It might look good to write the gain down in your logbook, but don't kid yourself, you didn't really lift that weight properly. When you break a weight stack, not only does the base have to pay a contractor to repair it, that particular machine is out of order and others will not be able to use it.

Free weights aren't any different. Do not scream and groan a weight up and then throw it down like a professional power lifter. People go to watch powerlifters, the people at the fitness center are there to workout for themselves, not get a demonstration.

Hygiene is also a big issue. Building up a sweat might be your goal, but for the person trying to use the piece of equipment after you it is not. With summer mysteriously tearing sleeves off and shrinking tank tops, it's even more important to clean up after yourself. It takes 30 seconds to wipe down the equipment and it is the right thing to do.

Another large problem is huddling, which ties in closely to another problem, profanity. Having a workout partner is great, but when you get three or four guys talking about last weekend's activities with language that would make their mothers ashamed, you not only take up valuable floor space, but you could easily offend someone.

Offending people or making them uncomfortable is the quickest way to ruin someone's workout, and if it's serious enough, could keep them from using the gym altogether. One of the worst examples of this are males just as interested in the fairer sex as they are in their next set. People naturally look at things in their surroundings, but it is rude to gawk at someone and disturb their concentration. More often than not, the person doesn't appreciate the attention, but is too polite to say anything.

Working out at the gym is a privilege all of us have earned whether you are a retiree, spouse, guard or active duty members. Don't take it away from someone by being selfish and inconsiderate. If we are all stewards of this great fitness center, it should keep Warren Fit-To-Fight for years to come.

Street Talk

"In your opinion, what makes a good Airman?"



"Integrity. You've got to trust the person you're working with."

- Staff Sgt. Jeremy Sudlow, 90th Logistics Readiness Squadron



"Dedicated to learn their job, professionalism, embrace core values. Integrity is not a buzz word."

- 1st Lt. Gerald Eastman, 319th Missile Squadron



"Good followership skills: knowing when to listen to leadership and knowing when to take charge for yourself."

- Staff Sgt. Travis Jackson, 790th Missile Security Forces Squadron



"I love to see someone taking initiative."

- Master Sgt. Stacy Pearson, 90th Missile Operations Squadron

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Everyone has something to give, even just a smile

THE
CIVILIAN PAVILION

Matt Cox
*90th Communications Squadron
Visual Information*

Driving off base this afternoon I stared straight ahead.

I usually have my head on a swivel; looking this way and that way at everything that's going on around me, but not today.

The reason was unfortunate. The reason was the less fortunate.

Standing on the corner of Randall Avenue and Pershing Boulevard on this freezing Wyoming spring afternoon was a man less fortunate than I am.

I've seen him before. Standing there holding his sign asking for monetary help.

I've given him spare change once before, when it was conve-

"IN THIS FAST-PACED CULTURE WE BUILT FOR OURSELVES, WE RELY TOO HEAVILY ON CONVENIENCE AND WE ARE TOO SKEPTICAL OF OTHERS INTENTIONS."

- Matt Cox
90th Communications Squadron

nient, but this time I purposely avoided eye contact.

I am greatly ashamed of my behavior.

I regret that I lacked the human emotion to even recognize this man's existence.

But I know I'm not alone.

How many of you have seen this man, or another man, or a woman and a child, standing on a cold intersection with pseudo-sandwich boards advertising their

current life station as you drive to work, or to the gym or to meet friends for dinner.

I'd argue all of us have.

I'd also argue that most of us have given what we can, when we can, regardless of the value.

But finally I'd argue we have done so when it was convenient for us.

In this fast-paced culture we built for ourselves, we rely too heavily on convenience and we are

too skeptical of others intentions.

The skepticism, or distrust, of others is apparent after we measure what's convenient for us, and that's a shame.

I neglected basic human courtesy because I cleaned my car out over the weekend and I moved my spare change into my house.

It wasn't convenient for me.

Granted, at the time I had nothing to give this man, no dollar bills, no extra quarters, nothing.

But I failed to give him what I did have, what I always have and what we all always have: a smile, a wave or in the very least, acknowledgement.

I don't know this man, how he ended up on this particular corner on this particular day or what he does with the donations people hand him outside their windows.

All I do know is that next time I drive by this man the least I can do is give him what we all deserve, a little attention.

6x7

FPA

SNCO is named one of AFSPC's OAY

90 CONS superintendent moves to compete at Air Force level

Senior Airman Tessa Cubbon
90th Space Wing
Public Affairs

The superintendent of the 90th Contracting Squadron was recently named one of Air Force Space Command's Outstanding Airmen of the Year.

A 19-year veteran, Senior Master Sgt. Michael Lemke said he is honored and humbled by this recognition.

"From my daily dealings with him, he is always prepared, always on top of his game, and always pushing others to excel," said Lt. Col. William Lorey, 90 CONS commander. "He's never once balked at a task and he has been a tremendous source of counsel for tough issues."

"I have heard of the things others have done and have seen the results of their accomplishments and sometimes wonder why God chose me over the other nominees," he said.

Sergeant Lemke may

not take full credit for this award, but his volunteer work and accomplishments are numerous.

Accomplishments include a "Best Practice" contingency training plan to the Air National Guard and Air Force unit that boosted deployment missions. He helped Iraqi voters to Baghdad polling sites during the country's first free election. Sergeant Lemke also received the John Levitow award at the Senior Non-Commissioned Officer Academy.

"While his package this year was packed with great accomplishments, my view of what sets him above others is the fact he always operates at this level -- every day, every year," said Colonel Lorey.

Sergeant Lemke also organizes monthly visits to the Veterans Association Hospital.

"It is so much fun visiting with our nation's heroes that have served in the armed forces," he said.

The visits are every second Thursday of the month from 10 to 11 a.m. and everyone is invited to attend, Sergeant Lemke said.

As the grand marshal and key speaker during Torrington's Veterans Day parade, Sergeant Lemke represented the entire 90th Space Wing.

"I enjoyed every activity I've been involved with, he said."

Despite his many achievements, Sergeant Lemke knows it's not easy to win an award of this magnitude and has advice for all Airmen.

"Work a little harder than the next Airman and stay out of trouble. Get involved in programs and activities that you care about and not just for a nice bullet on your awards package," he said. "I try to do my job as though I am doing it for my God. This simple guidance helps keep me focused and on point."

Sergeant Lemke now moves on to compete for a spot as one of the Air Force's 12 Outstanding



Photo by Senior Airman Tessa Cubbon

Senior Master Sgt. Michael Lemke, pictured here in his office, was recently named one of Air Force Space Command's Outstanding Airmen of the Year. Sergeant Lemke is the superintendent of the 90th Contracting Squadron.

Airmen of the Year.

"If God wants me to win, then I'll win! No matter what

happens, I have been blessed and I am grateful for the experience," he said.

Rebalance the enlisted force by retraining

Airmen must comply by May 15 or face separation

RANDOLPH AIR FORCE BASE, Texas -- To meet the Fiscal 2006 Noncommissioned Officer Retraining Program objectives for 30 undermanned Air Force Specialty Codes, Airmen identified as retraining eligible must complete their retraining packages by May 15.

Nearly 1,100 Airmen who have not completed their administrative requirements face separation

if they fail to comply with this Air Force policy.

"It's critical the Air Force balances the enlisted corps across all Air Force specialties to meet its mission requirements," said Maj. Gen. Tony Przybyslawski, Air Force Personnel Center commander. "The NCO Retraining Program is a vital tool to ensure the Air Force has experienced NCOs serving in all career fields."

Airmen who decline retraining must separate on their current date of separation or when their term of service expires. They are ineligible for promotion, voluntary assignment consideration and reenlistment or extensions for the remainder of their enlistment. Declination may preclude Airmen from enlisting in another service branch or into the Air Force Reserve or Air National Guard. In addition, the Air Force will not score promotion tests for Airmen who tested as of May 15 and declined retraining.

"Airmen must commit to retrain now, because those who wait too

long will be separated," said Col. Kurt Pfitzner, chief of the personnel process and development division at AFPC.

The two-phased Fiscal 2006 NCORP is a multi-purpose program designed to rebalance the enlisted force by moving NCOs from career fields with overages to those skills experiencing manpower shortages. It included a voluntary retraining phase that ended in October and an involuntary phase which began Nov. 30 and is still in effect. To date, the Air Force has only retrained 442 Airmen toward the Air Staff goal of 1,069.

**FOR MORE INFORMATION REGARDING THE RETRAINING POLICY,
CONTACT THE MILITARY PERSONNEL FLIGHT AT 773-1845.**

Briefs

CGO opportunity

Looking for an opportunity to expand on your leadership and enhance your Air Force knowledge? The Company Grade Officer's Council is sponsoring an Officer's Career Broadening Action Group. The purpose is to increase the knowledge base of other units and their impact on mission success for CGOs. The process will run as follows: Interested CGOs will select the wing/vice, group or squadron commander of their choice to shadow for a day. Then contact either Capt. Rickie Banister at 773-4110 or 1st Lt. Tyrone Bess at 773-4901 for a career enhancement opportunity like no other. The CGO will be exposed to different leadership styles, decision making processes and a day in the life of another unit outside of his own. As a reminder, the CGOC meets every third Thursday, at 3 p.m., in Ground Zero at the Trail's End Club.

Summary courts notice

The 790th Missile Security Forces Squadron commander regrets to inform personnel of the death of Airman 1st Class Brandy Lyn Fehr. Any persons having claims against or on behalf of Airman Fehr should present same to 2nd Lt. Scott Simoneaux, summary courts officer at 773-4981.

Warren Thrift Shop

The Warren Thrift Shop, located in Building 315, next to Independence Hall, is open every Thursday from 9:30 a.m. to 2 p.m. Consignments are taken from 9:30 to 11:30 a.m. Thursdays. The thrift shop will be open additional hours from 5 to 8 p.m. this Monday.

Housing survey

All base housing residents will receive a survey from CEL Associates late April or early May. This survey is intended to determine members' satisfaction with government housing. It will help identify strengths and weaknesses to make base housing the 'preferred choice' for military members and their families.

For more information, call the housing office at 773-5825 or 773-5814.

CAPEX is coming

Warren prepares to host historic event

Maj. Laurie Arellano
90th Space Wing Public Affairs

The 90th Space Wing is set to host an international accident response demonstration, CAPEX 06, in June, playing host to delegates and visiting dignitaries from 26 NATO alliance members and Russia.

Warren members have been preparing for nearly six months to host CAPEX, which means Capabilities Demonstration Exercise, June 19-23, demonstrating to the world the United States is prepared and capable of responding to a nuclear weapons accident.

"I'm extremely proud of the tremendous effort Warren members have already poured forth into getting ready for this project," said Col. Boomer Crowley, 90th Space Wing vice commander and CAPEX project officer. "To be selected to represent our country in an event of this magnitude is a huge honor, and everyone has already proven we are ready and capable."

The nuclear powers of the NATO-Russia Council agreed to demonstrate

their abilities in the areas of nuclear safety and nuclear surety. Russia and the United Kingdom have already hosted events, and the United States has the distinction of hosting this historic event. France will host a demonstration next year.

With a demonstration of this magnitude comes planning, preparation and practice. Warren members will go through a one-week rehearsal in May, followed by a one-week exercise in June and the demonstration immediately following. In between, many wing members will labor over scripts, logistics, security, protocol and other issues.

Colonel Crowley said every rehearsal is critical.

"We want to have everything refined to near-perfection for the event," Colonel Crowley said. "The credibility of the United States depends on our ability to skillfully and professionally display our nuclear weapon accident response capabilities."


The next CAPEX rehearsal is set for May 16 to 18. Warren members can expect to again hear explosions,



Photo by Maj. Laurie Arellano

Airman 1st Class Paul Sebring, 790th Missile Security Forces Squadron, stands guard on the cordon of a simulated accident while firefighters put out a fire during a CAPEX rehearsal last week.

see smoke and experience road closures in the area of the simulated accident scene.



POC: 1st Lt. Maura Sillas at 773-6059

Asian Pacific American Heritage Month Food Sampling

12 May 06

1100 Pronghorn Center



Construction Corner

Gate construction

Due to construction, Gate 1 will be down to one lane of traffic (both inbound and outbound) during the hours of 7:45 a.m. to 4:30 p.m. weekdays through May 8. Gate 5 will be open 6 to 8 a.m. weekdays for inbound traffic and 3:30 to 5 p.m. for outbound traffic, and Gate 2, which is the preferred gate for public usage, will be open 6 a.m. to 6 p.m. weekdays.

Full Page ad

Full Page ad



Photo by Senior Airman Tessa Cubbon

FOR A GOOD CAUSE

Hillari Mein packs clothing donations at her home recently to send to children in Iraq. Her husband, Tech. Sgt. Loren Mein, 90th Civil Engineer Squadron, came across a village of young children in need of clothing and shoes while on a deployment in Iraq. Mrs. Mein solicited help from businesses in Cheyenne, packed the donations and sent them to the village.

USAF HONOR GUARD RECRUITING TEAM VISIT

The United States Air Force Honor Guard Recruiting Team will visit Warren to host a Special Duty Assignment briefing at 10 a.m. on May 11 at the Pronghorn Center.

The mission of the USAF Honor Guard is to maintain and employ a ceremonial capability to represent the United States Air Force at public and official ceremonies.

This ceremonial capability is required by the Military District of Washington for large scale Joint Service ceremonies such as Presidential Inaugurations, Head of State funerals as well as wreath and arrival ceremonies for visiting dignitaries. The primary mission of ceremonial guardsman assigned to the USAF Honor Guard is to provide military funeral honors to our nation's fallen heroes. The job is filled with substantial rewards for those who have the ability and desire to give all they have and reach outside themselves for absolute perfection.

The briefing is open to first-term Airmen with at least 24 months time on station or second-term Airmen with 36 months TOS. Enlisted personnel from all Air Force Specialty Codes and ranks that meet the previously identified criteria are eligible to apply and are encouraged to attend the briefing. Spouses of potential applicants are also invited to attend.

An applicant can expedite the processing of his/her application if they bring a completed application with them to the briefing. To obtain a copy of the application requirements, contact Warren's Career Assistance Advisor, Senior Master Yvonne Miller at 773-6668.



To find out the latest information
on base including FPCON, INFOCON,
exercise information
and applicable delays and closures

Call the Warren Straight-Talk Line
773-2222



6x4

Full Page Ad

Full Page Ad



FPA

Protect and connect

Maintainers repair Iraqi police station radio

Master Sgt. Jon Hanson
407th Air Expeditionary Group Public Affairs

For four members of the 407th Expeditionary Communications Squadron, their latest job was not a usual one.

Three ground radio maintainers and their flight commander responded to a request to fix a high frequency radio belonging to an Iraqi police station. The HF radio is important because of its long-range capabilities.

"The problem was we didn't know why the equipment wasn't working. We didn't receive a detailed report, but did get pictures of the equipment," said Capt. Randy Witt, 407th Expeditionary Communications Squadron, mission systems flight commander.

With pictures in hand, the maintainers were able to contact the radio manufacturer and obtain the radio's manual. Having

the manual allowed them to study the schematics and gather equipment they thought they might need to fix it.

"Not knowing what to expect, we took a duffle bag full of tools and spare equipment, two cable reels and test equipment," said Captain Witt, who is deployed from the 32nd Combat Communications Squadron at Tinker AFB, Okla. "When we arrived, we quickly discovered it was a simple power issue — a blown fuse.

"The guys took out the busted fuse only to find we didn't bring a fuse with a compatible rating," the captain said. "Fortunately, Staff Sgt. Kevin Newton discovered an extra fuse packed in the radio. We installed the new fuse and fired up the radio."

"[We carried] \$15,000 worth of equipment expecting the worst and all we really needed was a 'Leatherman' and a flashlight," said Sergeant Newton, who is deployed



Photo by Capt. Randy Witt

Staff Sgt. Chris Birdwell, 407th Expeditionary Communications Squadron, adjusts a high frequency antenna on top of an Iraqi police station.

from the 366th CS from Mountain Home AFB, Idaho.

The satisfaction of fixing the radio wasn't the only thing these communica-

tions experts left with. They got an opportunity to experience a little bit of the Iraqi culture.

Once they were done, the Iraqis invited them to eat a meal of lamb and rice with them.

"The experience was something I'll never forget; the ability to help such a cause does not come along every day," said Staff Sgt. Chris Birdwell, who is deployed from the 22nd CS at McConnell AFB, Kan. "I'm just thankful that I was able to be directly involved in a project of such magnitude."

The visit made lasting impressions on the small group.

"I have honestly never met a group of people more respectful, friendly or eager to please," said Senior Airman Justin Betts, who is deployed from here. "Over all of our cultural differences, I think these are qualities we as Americans sometimes overlook."



Photo by Airman 1st Class Veronica Pierce

PJ SELECTION PROCESS

LACKLAND AIR FORCE BASE, Texas -- Military and civilian applicants taking part in the 306th Rescue Squadron pararescue screening hoist a wooden log while lying in a mud pit at Davis-Monthan Air Force Base, Ariz., on April 21. Applicants must pass a timed three-mile run, 1,500-meter swim, calisthenics and other tasks before proceeding to the 10-week indoctrination course at Lackland AFB, Texas.

Six things you can do to stop child abuse

April is Child Abuse Prevention Month

Article Courtesy of Family Advocacy Program and Prevent Child Abuse

April is Child Abuse Prevention Month. Everyone within a community plays a role in recognizing and preventing abuse.

Reach out to someone in need
Be a friend to a parent you know. Ask how their children are doing. Draw on your own experiences to provide reassurance and support. If a parent seems to be struggling, offer to baby-sit or run errands, or just lend a friendly ear. Show you understand. Talk to your neighbors about looking out for one another's children. Encourage a supportive spirit among parents in your apartment building or on your block. Show that you are involved.

Raise the issue
By educating yourself, and others, you can help the community prevent child abuse and neglect from happening in the first place. Check out publications, and other resources, and photocopy information to post in your

workplace, apartment building, library, laundromat, church, beauty parlor, supermarket or school.

Remember the risk factors
Child abuse and neglect occur in all segments of our society, but the risk factors are greater in families where parents:

- Seem to be having economic, housing or personal problems
- Are isolated from their family or community
- Have difficulty controlling anger or stress
- Are dealing with physical or mental health issues
- Abuse alcohol or drugs
- Appear uninterested in the care, nourishment or safety of their children

By helping parents who might be struggling with any of these challenges, you reduce the likelihood that their children will be abused or neglected. Reach out to the children, too, and show them that you care.

Recognize the warning signs
The behavior of children may sig-

nal abuse or neglect long before any change in physical appearance. Some of the signs may include:

- Nervousness around adults
- Aggression toward adults or other children
- Inability to stay awake or to concentrate for extended periods
- Sudden, dramatic changes in personality or activities
- Unnatural interest in sex
- Frequent or unexplained bruises or injuries
- Low self-esteem
- Poor hygiene

If you see these signs in any children you know, reach out to them and to their parents and offer a helping hand.

Refer to helping agencies
There are many agencies on base that offer support services. Many of the agencies are members of the People Helping People-Integrated Delivery System. These agencies include:

- Life Skills Support Center
- Family Support Center
- Family Advocacy Program

- Chaplains
- Heath and Wellness Center
- A.D.A.P.T

These agencies, along with other base support services, maintain a public Web site www.phpids.com that has a listing of resources, classes and events occurring on base and within the local area. Report suspected abuse to family advocacy at 773-4228.

Family advocacy offers prevention programs, outreach services and the New Parent Support Program. Professional counselors are available to ensure families are safe and to help members learn coping skills that do not involve violence.

**IF YOU SUSPECT ABUSE
OR NEGLECT MAY BE
OCCURRING, REPORT IT.
IF YOU THINK A CHILD IS
IN IMMEDIATE DANGER,
CALL 911 OR THE LAW
ENFORCEMENT DESK AT
773-3501.**

Check mate

Airmen play MAJCOM-level chess tournament

Senior Airman Tessa Cubbon
90th Space Wing
Public Affairs

Two of Warren's Airmen were selected to go to Los Angeles to compete in the Air Force Space Command Chess Tournament April 7.

Airman 1st Class Christopher Williamson, 90th Communications Squadron, and Airman 1st Class Armando Harris, 90th Medical Operations Squadron, played against 12 other servicemembers in the MAJCOM-level competition.

The tournament was held at the Fort MacArthur Community Center on Fort MacArthur, Calif., south of Los Angeles AFB. Members from six AFSPC bases were in competition to be Air Force Space Command chess champions.

Placing fourth in the

AFSPC tournament and first in Warren's competition March 11, Airman Williamson has been playing chess for approximately 12 years. He is self-taught, having learned to play chess by reading the instructions that came with his chess board.

"I read some books and got pretty good that way," he said.

Airman Harris, whose godmother taught him to play chess at 6 years old, was awarded second place at the competition here and sixth place at the AFSPC tournament.

"I have more skills than some," said Airman Harris.

Airman Harris credits his unique strategy for advancing as far as he did in the tournament.

"On a smaller scale I'm pretty good but on a larger scale [my skill] dwindles a



Photo courtesy Fort MacArthur Visual Information

Airman 1st Class Armando Harris, 90th Medical Operations Squadron, competes in the Air Force Space Command chess tournament in Los Angeles April 7. Airman Harris placed sixth in the competition.

little bit," said Airman Williamson.

He may be modest, but there is no doubt about the

level of skill Airman Williamson possesses, earning fourth place in a room full of the best chess players

in AFSPC is no small feat. (Matt Cox, 90th Communications Squadron contributed to this article.)

6x5.5

PT tech is Warren's NCO Council president

Sergeant followed in father's footsteps to join military

Tech. Sgt. Michael Silva, 90th Medical Operations Squadron, talked with Senior Airman Lauren Hasinger, 90th Space Wing Public Affairs, about being president of the base's NCO Council, where his career has taken him, and where he'd like to go from here.

What is the NCO Council?

The NCO Council [is made up of the] E-5s and E-6s that represent the base and community.

Why should people join?

Our purpose is to show NCOs how to become more effective in their career fields as leaders. So we provide mentoring in certain areas involving leadership. We also show community support to the civilian side of the house.

Who can join?

All NCOs. We are looking at considering senior airmen who have attended ALS (Airmen Leadership School) because they are authorized to be supervisors and raters.

Where and when do you meet?

We meet at the Trail's End and it is usually at the end of the month on base promotion day.

How long have you been part of the council?

Since I have been here – seven months.

Do you think it has helped your career?

Being in this position has shown me how to approach others and to motivate them to be involved. I think that is a quality that leaders have to have.

How long have you been in



Photo by Senior Airman Tessa Cubbon

the Air Force?

Fourteen years.

Why did you enlist ?

To serve my country like my father who is a retired command sergeant major (Army).

Why have you stayed?

The Air Force has been good to me and my son. It also provided many opportunities you would rarely get in the civilian sector.

What do you do at the 90 MDOS?

I am the NCOIC for the Health and Wellness Flight which consists of the HAWC and the Physical Therapy Clinic. I am a physi-

cal therapy technician by trade.

Where have you been stationed?

Pope Air Force Base, (N.C.) (C-130 maintenance), Lackland AFB, (Texas) (military training instructor duty), Maxwell AFB, (Ala.), (MTI duty /base safety) and Warren.

What has been your favorite assignment?

All of them, I truly believe you can be anywhere and make it the best place in the world.

What is your dream assignment?

That would be Guam or Japan.

How long do you plan on staying in?

As long as the Air Force will keep me.

What are your career ambitions?

Chief would be nice.

What advice would you give to a new Airman just starting out?

Never let bad attitudes or unprofessional people interfere with their success. I would tell them to take the lead, find a sharp mentor and learn to become successful. Be involved both on/off base. This shows the community that we are there to support.

This page is reserved to recognize outstanding Warren members.

To nominate, e-mail the Sentinel staff at sentinel@warren.af.mil.

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Archery range

The community center staff has recently opened an archery range annex in Building 313. Those interested in using the range must have their own equipment and take a certification class. Experienced archers can take the basic certification class for \$10 and those with little or no experience are required to take the instructional certification class for \$25. To schedule a certification class call 773-3510. Once certified, the range is available by key check-out from the community center.

New provider class

A free new provider orientation class is scheduled for May 8 to 12.

All military spouses ages 18 and older interested in providing child care are invited.

Pick up an orientation packet from the family child care office and turn in all paperwork by May 3.

For more information, call 773-3317.

Club scholarships offered

For the tenth consecutive year, Air Force Club Membership is helping members and their families combat the costs of higher education. Six individuals will be selected to receive a combined total of \$25,000 in scholarship money given away in the Air Force Club Membership Scholarship Program. To enter, just write and submit an essay of 500 words or less on this year's topic: "Proud to be an American." Stop by the club and pick up an entry form today.

For more information, call 773-3048.

Argo Gold Mine trip

Outdoor recreation is hosting a trip to the Argo Gold Mine near Idaho Springs, Colo., Saturday. The tour will include extensive mine history and demonstration in crushing, milling and rock drilling. The trip costs \$19 for adults, \$13 for children ages 7 to 12 and \$8 for children under 7. Transportation and admis-

sion to Argo is included. The trip is scheduled to depart outdoor recreation at 7 a.m. and will return approximately 4 p.m.

For more information, call 773-2988.

Farewell luncheon reservations

Have your farewell luncheon at the Trail's End Club and the honoree is free. All walk-through lunches must not exceed 30 people but include more than 10 for the guest of honor to be free.

For more information, contact the catering department at 635-8202 or 773-3048.

Children's story time

Story time is held every Friday at 11 a.m. at the base library.

Today - National Arbor Day

For more information, call 773-3416.

Texas Hold 'em buffet,

A Texas Hold 'em Buffet is scheduled for noon May 13 at the Trail's End

Club. Games begin at 1 p.m. Prizes will be awarded for first, second and third place. Entry fees by May 8 are cost is \$20 for club members and \$25 for their guests and non-members. After May 8 the cost increases by \$5. Must be at least 18 years old to enter.

For more information, call the club at 773-3048.

Free Sky Sox tickets

Free tickets are available to the Sky Sox (Triple-A affiliate of the Colorado Rockies) baseball game on May 7 at Security Service Field in Colorado Springs. Hotdogs will be 25 cents. Game time is 1:05 p.m. Outdoor recreation is offering \$12 round-trip transportation while space is available. The trip departs 9 a.m. and returns approximately 7 p.m.

For more information, call ODR at 773-2988.

Link Up 2 Golf

The Link Up 2 Golf program will connect or reconnect you, your family and friends with the game. Receive eight hours of group

lessons and course etiquette, complimentary rental clubs, swing mechanics, terminology, proper behavior and how to maintain speed of play for \$99. Sign up for May 8 to 11, May 15 to 18 or May 22 to 25, 5 to 7 p.m. Classes limited to six students.

For more information, and to sign up, call 773-3556.

Water aerobics class

Water aerobics classes are offered at the aquatics center from 5:30 to 6:30 p.m. Tuesday and Thursday. The cost is \$3 per session or buy a \$30 punch card, good for 15 sessions. The first class is free.

For more information, call 773-3195.

Water aerobics class

Water aerobics classes are offered at the aquatics center from 5:30 to 6:30 p.m. Tuesday and Thursday. The cost is \$3 per session or buy a \$30 punch card, good for 15 sessions. The first class is free.

For more information, call 773-3195.

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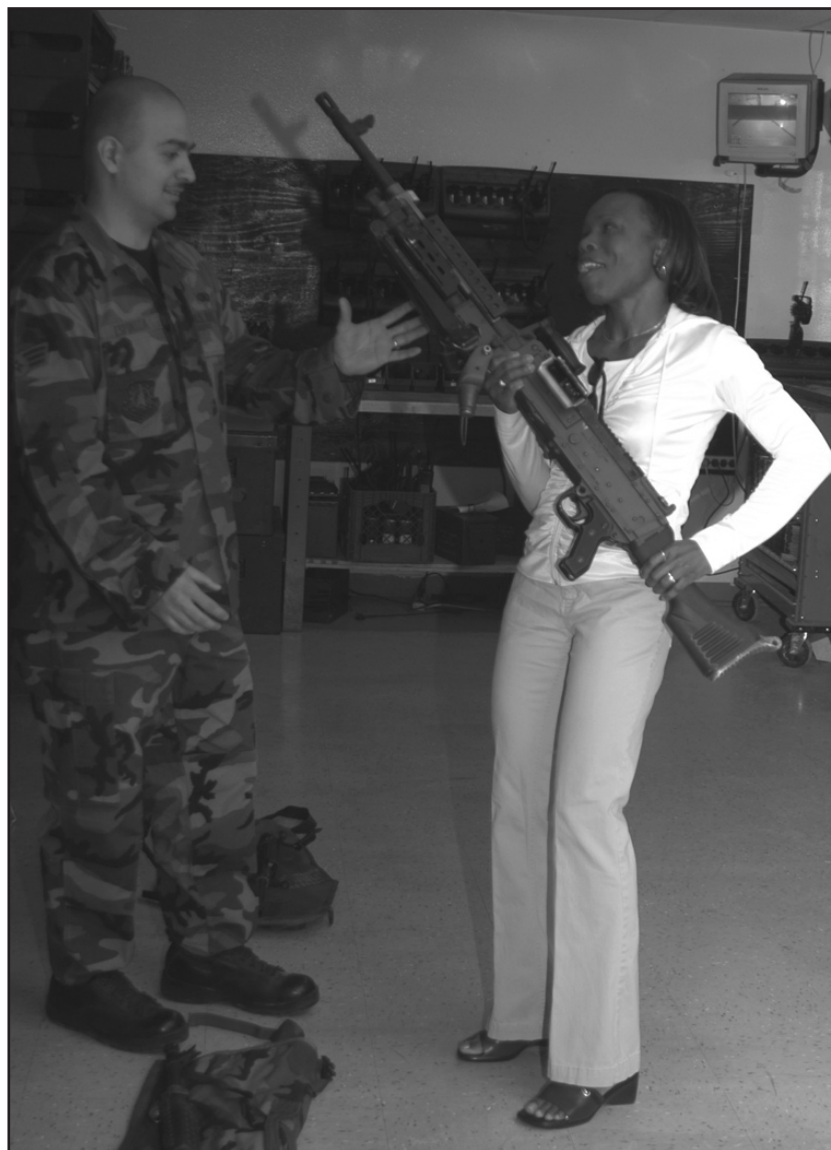


Photo by Airman 1st Class Connor Elayan

LOCK AND LOAD

Senior Airman Carlos Espinoza, 90th Security Support Squadron, hands Charmaine Jamerson, wife of Col. Allen Jamerson, 90th Security Forces Group Commander, a firearm in the 90 SFG armory during the 90 SFG Spouse's Group tour Thursday. The purpose of the tour was to give the family members of security forces troops a first-hand look at a day in the life of a Warren security forces troop.

Commanders Access Channel 19

EVENT	TIME
Base Advertising	12 to 12:30 a.m.
Pentagon Channel	12:30 to 3 a.m.
Base Advertising	3 to 3:30 a.m.
Pentagon Channel	3:30 to 5 a.m.
Base Advertising	5 to 7:01 a.m.
Peacekeeper Deactivation Video	7:01 to 7:06 a.m.
Base Advertising	7:06 to 8 a.m.
Pentagon Channel	8 to 9 a.m.
Base Advertising	9 to 9:01 a.m.
Peacekeeper Deactivation Video	9:01 to 9:06 a.m.
Base Advertising	9:06 to 9:30 a.m.
Pentagon Channel	9:30 to 12 p.m.
Base Advertising	12:00 to 12:01 p.m.
Peacekeeper Deactivation Video	12:01 to 12:06 p.m.
Base Advertising	12:06 to 12:30 p.m.
Pentagon Channel	12:30 to 3 p.m.
Base Advertising	3 to 3:01 p.m.
Peacekeeper Deactivation Video	3:01 to 3:06 p.m.
Base Advertising	3:06 to 3:30
Pentagon Channel	3:30 to 5 p.m.
Base Advertising	5 to 5:01 p.m.
Peacekeeper Deactivation Video	5:01 to 5:06 p.m.
Base Advertising	5:06 to 5:30 p.m.
Pentagon Channel	5:30 to 7 p.m.
Base Advertising	7 to 7:01 p.m.
Peacekeeper Deactivation Video	7:01 to 7:06 p.m.
Base Advertising	7:06 to 7:30 p.m.
Pentagon Channel	7:30 to 9 p.m.
Base Advertising	9 to 9:30 p.m.
Pentagon Channel	9:30 p.m. to 12 a.m.

Tune in for the latest base information



To find out the latest information on base including FPCON, INFOCON, exercise information and applicable delays and closures

Call the Warren Straight-Talk Line
773-2222



Education briefs

Troops to Teachers

If you have considered teaching as a second career, the Troops to Teachers Program can provide assistance in making the transition. For more information, contact the education center at 773-2117.

Commissioning workshop

The education center is presenting a commissioning workshop at 2 p.m. May 9 at the education center, Room 24. Presentations will include AFROTC programs, Officer Training School and the Air Force Academy and

prep school. To register for the workshop or for more information on commissioning programs, call 773-2117.

Strong and MBTI available

The Strong Interest Inventory and Myers Briggs Type Indicator are available to take through the Warren Education Center. For more information, contact Sharon Edwards at 773-4889.

Need a tutor?

The education center staff has compiled a list of tutors available for active duty students enrolled in college courses. Those interested in obtaining the assistance of a tutor, call the education center at 773-2117.

Attention UOP students

A University of Phoenix representative is

available from 1 to 3 p.m. Mondays at the education center to meet with students enrolled in UOP programs.

Attention AMU students

Richard McMullen, education coordinator for American Military University is scheduled to be available 10 a.m. to 2 p.m. Wednesday in Room 28 of the education center.

IF YOU HAVE AN ISSUE...

If you have an issue you would like the commander to address call the **Commanders Action Line at 773-4422**. Leave your name, number and the issue.

Issues also can be e-mailed to actionline@warren.af.mil. This venue is open to all base employees, contractors and spouses.



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